



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03169, Babyfood, apple-cranberry juice

Report Date: June 24, 2017 21:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.2g
Proximates					
Water	g	88.30	--	--	27.55
Energy	kcal	46	--	--	14
Energy	kJ	193	--	--	60
Protein	g	0.00	--	--	0.00
Total lipid (fat)	g	0.02	--	--	0.01
Ash	g	0.19	--	--	0.06
Carbohydrate, by difference	g	11.49	--	--	3.58
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	6.88	--	--	2.15
Minerals					
Calcium, Ca	mg	6	--	--	2
Iron, Fe	mg	0.22	--	--	0.07
Magnesium, Mg	mg	3	--	--	1
Phosphorus, P	mg	7	--	--	2
Potassium, K	mg	97	--	--	30
Sodium, Na	mg	5	--	--	2
Zinc, Zn	mg	0.05	--	--	0.02
Copper, Cu	mg	0.010	--	--	0.003
Manganese, Mn	mg	0.160	--	--	0.050
Selenium, Se	µg	0.1	--	--	0.0
Fluoride, F ¹	µg	10.0	1	--	3.1
Vitamins					
Vitamin C, total ascorbic acid	mg	27.9	--	--	8.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.2g
Thiamin	mg	0.000	--	--	0.000
Riboflavin	mg	0.020	--	--	0.006
Niacin	mg	0.070	--	--	0.022
Vitamin B-6	mg	0.030	--	--	0.009
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	3.4	--	--	1.1
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	17	--	--	5
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	28	--	--	9
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	49	--	--	15
Vitamin E (alpha-tocopherol)	mg	0.56	--	--	0.17
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.4	--	--	0.7
Lipids					
Fatty acids, total saturated	g	0.007	--	--	0.002
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.006	--	--	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 31.2g
18:0	g	0.001	--	--	0.000
Fatty acids, total monounsaturated	g	0.001	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.001	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.012	--	--	0.004
18:2 undifferentiated	g	0.010	--	--	0.003
18:3 undifferentiated	g	0.002	--	--	0.001
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa